

Fitness Centre/Studio

General Guidelines & Etiquette

- If you are not currently exercising or have a chronic health issue, please consult your doctor prior to starting an exercise program. Individuals with chronic health issues are asked to advise fitness centre staff prior to starting a workout.
- Please arrive on time and prepared for your fitness class. Bring a non-glass water bottle and ensure you've had adequate nutrition beforehand. To maintain a clean and safe environment, only water is permitted in the fitness centre and fitness studio - food and other beverages are not allowed.
- Use the provided spray and cleaning cloth to wipe down the equipment after use. Avoid wiping digital displays.
- Return equipment including plates, bars and dumbbells to their proper location after use.
- Limit use of cardio equipment to 30 minutes if people are waiting.
- Chalk is not permitted.
- Wear appropriate attire including closed-toed and closed-heeled indoor athletic shoes (no sandals or Croc-style footwear) and workout clothing.
- Use safety clips and latches at all times, do not drop weights.
- Bags, jackets, and personal belongings should be stored in a locker or changeroom.
- The Town of Saugeen Shores is not responsible for lost or stolen belongings. Please leave valuable items at home.
- Use headphones when listening to music and avoid taking phone or video calls.
- No headphone use in group or instructor-led classes.
- Respect the instructor, follow instructions, and avoid disruptive behaviour during class.
- Refrain from wearing strong fragrances as other users may have sensitivities.
- Avoid resting on equipment between sets and allow other users to access.
- Report any equipment breakdown or cleaning needs to the fitness centre staff.



General Guidelines & Etiquette continued...

- Youth **14 - 17** years old are welcome to use the Fitness Centre unaccompanied upon successful completion of the Youth/Teen Fitness 101 program with a completed waiver on file. All youth entering the Fitness Centre and Studio are required to wear a “toe tag”.
- Youth **14 - 17** years old who have not completed the Youth/Teen Fitness 101 program are able to enter the Fitness Centre and Studio under the direct supervision of a legal parent/guardian with a completed waiver on file. All youth entering the Fitness Centre and Studio are required to wear a “toe tag”.
- Youth **12 - 13** may enter the Fitness Centre under the direct supervision of a legal parent/guardian with a completed waiver on file. Participation in the Youth/Teen Fitness 101 program is **strongly recommended**. All youth entering the Fitness Centre are required to wear a “toe tag”.
- Youth under the age of 12 are not permitted in the Fitness Centre/Studio.
- When utilizing the Indoor Track with a stroller or mobility device, make sure that tires are clean and free of debris.
- Infants in carriers or strollers are not to be left unattended.
- Report any injuries to staff immediately.
- Use equipment safely and respectfully. Equipment should be used as intended.
- Be respectful of others - no horseplay, disruptive behaviour and/or foul language.
- Cell phones and personal recording devices – Personal filming is limited to capturing yourself only. Do not include other members, guests, or staff in your footage. These guidelines help maintain a respectful and safe environment for all gym-goers.
- Your Active Pass must be scanned on each visit to the Fitness Centre and Fitness Studio.
- Ask fitness staff for help if unsure how to use equipment.
- No training others unless you are certified and approved by the facility. Only authorized staff may lead sessions or provide instruction.
- Only approved outside equipment in Fitness Centre and Fitness Studio.
- Larger equipment such as rowers and spin bikes must remain in their designated areas within the Fitness Centre or Fitness Studio. However, free weights and smaller portable equipment may be moved for individual use, provided they are used safely and returned to their proper location afterward.
- Fitness classes and instructors are subject to change without notice.
- **Remember to work at your fitness level and take breaks when needed.**

